free!
November 2013

Nature's MARKET BASKET®

HEALTHY CHOICES FOR HEALTHY LIVING

fall into flavor

Thanksgiving recipes

- be merry and mindful
- dress up a plain potato
- digestion help

See pages 16, 17 and the back cover for this month's featured items!

did you know? The year 2013 has been declared "The International Year of Quinoa" (pronounced KEEN-wah) by the United Nations. This nutritious gluten-free plant food—originally cultivated in the Andes—can help fight against hunger in part because it can grow in many different conditions. This honor also recognizes the contribution of the Andean indigenous people as custodians of this nutritious and adaptable seed.

Nutrition Facts	
Serving Size 1 cup, cooked	
Amount Per Serving	
Calories	222
Protein	8 g
Fat	3.5 g
Carbohydrates	39 g

NUTRIENTS: Fiber, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc, Vitamin E, B vitamins, Essential amino acids

"International Year of Quinoa," www.timesmddete.com, 2013 • "Nutritional Value," Food and Agriculture Organization of the United Nations; www.fao.org, 2014 • "Quinoa, Cooked," National Nutrient Database for Standard Reference, http://ndb.nal.usda.gov

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Products advertised or mentioned in this magazine may not be available in all locations.

Pumpkin Pie

From **Simply Sugar and Gluten-Free** by Amy Green ($15.95, Ulysses Press, 2011)

20 MINUTES PREP TIME | MAKES 1 (9-INCH) PIE

- 1 3/4 c pumpkin puree (about one 15-oz can)
- 1/2 c low-fat milk
- 1/2 c half-and-half
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp freshly ground nutmeg
- 1/2 tsp ground allspice
- 1/4 tsp liquid stevia
- 1/4 tsp salt
- 1 (9-inch) pie crust, baked

1. Preheat oven to 375°.

2. In a large bowl, whisk together pumpkin puree, milk, half-and-half, eggs, vanilla, cinnamon, nutmeg, allspice, stevia, and salt. Pour into baked pie crust.

3. Cover edges of crust with aluminum foil to prevent them from overbrowning. Place pie on a baking sheet and bake for 50 minutes, or until filling has slightly puffed and is set in the center. If you want the crust a bit browner, remove foil during last 5 to 10 minutes of baking.

4. Let cool before slicing. Store covered in the refrigerator.

coming in dec

- Holiday party menus
- Reducing stress
- Eating for beauty

tasteforlife

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ORGANIC VALLEY

BUTTER & cream,

secret ingredients in plain view.

Caramel Apple Pie

What's our secret ingredient?

It's our passion and dedication, which begins on the farm with farmers who care for their cows like family and give them lush organic pastures. It's our master butter makers, who follow time-honored traditions to slow churn our pasture-raised sweet cream into rich, delicious award-winning butter. And it's our commitment to giving you the best ingredients for creating memorable holiday traditions.

For this Caramel Apple Pie recipe and others, visit OrganicValley.coop/Secret

USDA ORGANIC

broccoli may ease **arthritis**

A compound in broccoli may slow or even prevent the progression of the most common form of arthritis. A new study showed that sulforaphane slows the destruction of cartilage in joints caused by osteoarthritis. The compound is released when we eat cruciferous vegetables such as Brussels sprouts, cabbage, and, in particular, broccoli. It blocks enzymes that cause the breakdown of joints.

SOURCE **"Broccoli Could Be Key in the Fight Against Osteoarthritis,"** University of East Anglia, 8/28/13

did you know?

Women who regularly eat fish appear to have a lower risk of developing rheumatoid arthritis. Swedish researchers tracked 32,000 women for nearly eight years and found that those who ate fish at least once a week were 29 percent less likely to develop the disease compared to those who did not. Fatty fish such as salmon, mackerel, and herring provided the most protection, likely due to their abundance of inflammation-fighting omega-3 fatty acids.

SOURCE **"Eating Fish May Be Tied to Lower Rheumatoid Arthritis Risk,"** *HealthDay News*, www.nlm.nih.gov/medlineplus, 8/13/13

soft drinks affect **kids' behavior**

Aggression, attention problems, and withdrawal behavior are linked to soft drink consumption in young children, according to new research. Five-year-old kids who drank four or more soft drinks per day were more than twice as likely to destroy things belonging to others, get into fights, and physically attack others. Even one soft drink per day was linked to an increase in aggressive behavior. The researchers assessed about 3,000 five-year-olds in 20 large US cities. "We found that the child's aggressive behavior score increased with every increase in soft drink servings per day," said researcher Shakira Suglia, ScD.

SOURCE **"Soft Drinks and Behavorial Problems in Young Children,"** Elsevier Health Sciences, 8/16/13

not-so-sweet **options**

Even no-calorie artificial sweeteners can have a negative impact on health, according to a professor who studies "ingestive behavior and body weight."

"It is not uncommon for people to be given messages that artificially sweetened products are healthy, will help them lose weight, or will help prevent weight gain," said Purdue University's Susan E. Swithers, PhD. "The data to support those claims are not very strong, and although it seems like common sense that diet sodas would not be as problematic as regular sodas, common sense is not always right."

Drinking sugar-sweetened drinks has been linked to obesity, Type 2 diabetes, and metabolic syndrome—a group of risk factors that increases the risk for heart disease and stroke. Studies have shown the same risks from as few as one artificially sweetened drink per day.

"These studies suggest that telling people to drink diet sodas could backfire as a public health message," Dr. Swithers said. She added that the public should be cautioned "to limit intake of all sweeteners, not just sugars."

SOURCE **"The Dark Side of Artificial Sweeteners,"** Cell Press, 7/10/13

short walks improve health

Taking short walks after each meal may be more effective than one longer walk for controlling blood sugar in people with prediabetes. In a recent study, older adults who had been sedentary began walking daily for 15 minutes after breakfast, lunch, and dinner, or for 45 minutes in the morning or afternoon. The three shorter walks were more effective for ongoing control of blood sugar levels. Mildly elevated fasting blood sugar is an indicator of prediabetes.

SOURCE **"Wellness Made Easy,"** University of California, Berkeley *Wellness Letter*, 9/13

garlic may thwart cancer

You may need a breath mint, but eating garlic a couple of times a week might protect you from lung cancer. Scientists found a 44 percent risk reduction among people who ate raw garlic twice a week or more. Even among smokers, the risk reduction was significant—about 30 percent. Earlier studies have shown garlic to be beneficial for the heart and the immune system.

SELECTED SOURCES **"Garlic Reduces Lung Cancer Risk . . ."** by Annie-Rose Harrison-Dunn, www.nutraingredients-usa.com, 8/12/13 ● **"Raw Garlic Consumption as a Protective Factor for Lung Cancer . . ."** by Z.Y. Jin et al., *Cancer Prev Res* (Phila.), 7/13

don't overcook **veggies**

Overcooking vegetables can send valuable nutrients down the drain. To maintain peak nutrition, follow these steps from the Academy of Dietetics and Nutrition.

- Use a soft brush and water to clean produce with thick skins. Soaking may cause some nutrients to dissolve.
- Steam produce instead of cooking it in water (or save the water for later use, such as in a soup).
- Cook veggies quickly. The shorter cooking time can preserve key nutrients.

SOURCE **"Health Tip: Don't Overcook Vegetables"** by Diana Kohnle, *MedlinePlus*, www.nlm.nih.gov/medlineplus, 5/10/13

FDA says **rice is safe**

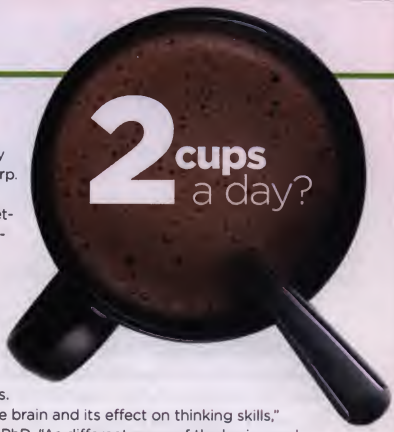
The US Food and Drug Administration (FDA) has determined that the low levels of arsenic found in some samples of rice are too small to cause "immediate or short-term adverse health risks." The FDA is still evaluating potential long-term risks. Arsenic occurs naturally in the environment, but contamination can increase the levels.

The FDA tested more than 1,000 samples of rice and products containing rice earlier this year. Levels of arsenic varied widely but were considered safe.

"While there is inorganic arsenic in rice and rice products, it is at a level that should be safe for consumption across the population," said Stephen Daniels, MD, PhD, chairman of the American Academy of Pediatrics Committee on Nutrition. The FDA recommended that consumers vary the grains they eat, including barley, oats, and wheat in addition to rice.

SOURCE **"FDA: Low Levels of Arsenic in Rice,"** *MedlinePlus*, www.nlm.nih.gov/medlineplus, 9/6/13

sip to **stay sharp**



Drinking two cups of hot chocolate a day may help older adults keep their thinking skills sharp. A recent study from Harvard Medical School found that certain people did considerably better on a memory test after 30 days of the hot-chocolate regimen.

The participants had an average age of 73 and did not have dementia. Ultrasound tests at the start of the study revealed that some of them had impaired blood flow to the brain. Those participants saw memory improvements and also had a boost in blood flow. Other participants did not see such gains.

"We're learning more about blood flow in the brain and its effect on thinking skills," said lead researcher Farzaneh A. Sorond, MD, PhD. "As different areas of the brain need more energy to complete their tasks, they also need greater blood flow." Dr. Sorond explained that such "neurovascular coupling" may play a role in Alzheimer's and other diseases.

SOURCE **"Chocolate May Keep Brain Healthy,"** *Neurology*, 8/7/13

did you know? A recent study determined that eating certain whole fruits—particularly blueberries, grapes, and apples—led to a reduced risk for Type 2 diabetes. On the flip side, drinking fruit juices appeared to increase the risk.

SOURCE **"Eating Whole Fruits Linked to Lower Risk of Type 2 Diabetes,"** Harvard School of Public Health, 8/29/13

fruit is a life saver

Eating more fruits and vegetables may lengthen your life. A 13-year study of more than 70,000 adults found shorter survival and higher mortality rates among those who ate fewer than five servings a day. In fact, those who ate five daily servings lived three years longer on average than those who never ate any. Risks became increasingly higher as the number of servings grew smaller. For example, those who ate one daily serving of fruit lived 19 months longer than those who ate none. Those who ate three servings of vegetables lived 32 months longer than those who never consumed any.

SOURCE **"Fruit and Vegetable Consumption and All-Cause Mortality: A Dose–Response Analysis"** by A. Bellavia et al., *Am J Clin Nutr*, 8/13

BY LISA FABIAN

all the trimmings

sides for turkey day

There's no doubt that the star of Thanksgiving is the turkey. But don't give short shrift to the accompanying dishes. These sides round out the menu, providing healthy choices for all. No matter what your guests' diets are (gluten free, vegan, vegetarian), we've got you covered with these hearty recipes.

butternut squash with whole wheat, wild rice, and onion stuffing

Reprinted with permission from ***Vegan Holiday Kitchen*** © 2011 by Nava Atlas, Sterling Publishing Co., Inc.

- 4 medium-small butternut squashes (about 1 lb each)
- ¾ c raw wild rice, rinsed
- 2 c prepared low-sodium vegetable broth, or 2 c water with 1 vegetable bouillon cube
- 1½ Tbsp extra-virgin olive oil
- 1 large red onion, chopped
- 3 cloves garlic, minced
- 2½ c firmly packed torn whole-wheat bread
- ½ tsp dried thyme
- 6 fresh sage leaves, thinly sliced
- 3 tsp all-purpose seasoning blend
- 1 c fresh orange juice

1. Preheat oven to 375°. Halve squashes. Place cut side up in a foil-lined shallow baking dish. Cover tightly with more foil.

2. Bake squashes until tender but still firm enough to hold their shape, about 40 minutes. Remove from oven and set aside to cool.

3. Meanwhile, combine wild rice with broth in a saucepan. Bring to a gentle boil and then cover and simmer gently until water is absorbed, about 40 minutes.

4. Heat oil in a skillet. Add onion and sauté until translucent. Add garlic and continue to sauté until onion is golden.

5. In a mixing bowl, combine cooked wild rice with sautéed onion and remaining ingredients. When squashes are cool enough to handle, scoop out pulp, leaving firm shells about ½-inch thick. Chop pulp and stir it into rice mixture. Stuff squashes, place in foil-lined baking dishes, and cover.

6. Before serving, place stuffed squashes in a preheated 350° oven. Bake for 20 to 30 minutes, depending on size of squashes, or until fork tender and well heated through.

30 min prep time
serves 8

butternut squash is packed with vitamins A and C.

pumpkin
1 cup of cooked pumpkin contains a week's worth of vitamin A!

pumpkin cheddar corn muffins

From the ***Taste for Life*** test kitchen

25 min prep time
makes 12

- 1 c all-purpose flour
- ¾ c cornmeal
- 1 Tbsp baking powder
- 2 Tbsp sugar
- 1 tsp salt
- ¾ c grated sharp Cheddar, divided
- 3 Tbsp unsalted butter
- 1 c nonfat buttermilk
- 1 large egg
- ½ c pumpkin purée
- ¼ c pepitas (pumpkin seeds) for garnish

1. Preheat oven to 400°. Line muffin tin with 12 baking liners.

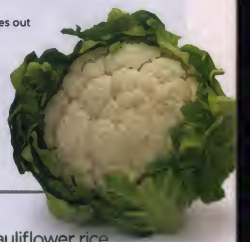
2. Mix flour, cornmeal, baking powder, sugar, and salt. Stir in ½ c of the Cheddar.

3. Melt butter. In a small bowl, whisk together buttermilk, egg, and butter. Whisk in pumpkin purée.

4. Stir butter mixture into flour mixture until just combined.

5. Divide batter among muffin cups. Top with pumpkin seeds and remaining ¼ cup of Cheddar.

6. Bake until golden and a tester comes out clean, about 20 minutes.



cauliflower is low in calories but surprisingly high in vitamin C.

20 min prep time
serves 4

cauliflower rice

Reprinted with permission from ***Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes*** by Elana Amsterdam (Ten Speed Press, © 2013)

- 3 Tbsp olive oil
- 1 medium onion, finely chopped (about 1 c)
- 4 stalks celery, finely chopped (about 1 c)
- 1 large head cauliflower, trimmed and coarsely chopped
- ¼ tsp sea salt

1. Heat oil in a large skillet over medium heat. Sauté onion for 8 to 10 minutes, until soft and translucent. Add celery and sauté for 5 minutes.

2. In a food processor, pulse cauliflower until it is the texture of rice.

3. Add cauliflower to skillet. Cover and cook for 15 to 20 minutes, stirring occasionally, until soft. Stir in salt and serve.

green beans
Fiber and vitamin C come in this slender package.

25 min
prep time
serves 6

green beans with toasted bread crumbs

From the ***Taste for Life*** test kitchen

- 4 Tbsp olive oil, divided
- 1 c panko-style bread crumbs*
- Salt and freshly ground black pepper to taste
- 1½ lb fresh green beans, trimmed
- 2 Tbsp lemon juice
- ½ c slivered almonds

1. Heat 2 tablespoons of the oil over medium heat in a small skillet. Add bread crumbs and toast, stirring constantly, until golden brown. Remove crumbs from heat and add salt and pepper to taste.

2. Steam green beans until crisp-tender.

3. Heat remaining 2 tablespoons of oil in a large skillet over medium-high heat. Add green beans and sauté until they're heated through, approximately 2 to 3 minutes. Add lemon juice and almonds and sauté for 1 minute.

4. Transfer green beans to a serving platter. Top with bread crumbs. Serve.

*Recipe can be made gluten free if gluten-free bread crumbs are used.

balsamic rosemary beets

Reprinted with permission from ***Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes*** by Elana Amsterdam (Ten Speed Press, © 2013)

- 4 medium beets, peeled and cut into 1-inch cubes (about 4 c)
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp minced fresh rosemary
- ½ tsp freshly ground black pepper
- ¼ tsp sea salt

1. Preheat oven to 400°.

2. In a medium bowl, combine beets, olive oil, vinegar, rosemary, pepper, and salt.

3. Transfer beets to a 9x13-inch baking dish and cover with aluminum foil.

4. Bake for 45 minutes. Remove foil and bake, uncovered, for 10 to 20 minutes more, until the beets are tender when pierced with a fork. Serve.

15 min
prep time
serves 4

beets are full of color . . . and folate!

apple-walnut crumble

From the ***Taste for Life*** test kitchen

30 min
prep time
serves 6

For topping:

- 1 Tbsp vegetable oil
- 1 Tbsp xylitol or 2 tsp agave nectar
- 1 c old-fashioned oats*
- ½ c chopped walnuts
- Pinch of salt

For filling:

- 5 c peeled, chopped apples, such as Honeycrisp or a blend of Granny Smith and Cortlands
- 3 Tbsp xylitol or 2 Tbsp agave syrup
- 1 tsp cornstarch
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg

1. Preheat oven to 425°.

2. In a small saucepan heat oil and xylitol or agave syrup over medium heat. Add oats and sauté for approximately 10 minutes, or until oats turn golden, stirring occasionally.

3. Reduce heat to medium low. Add walnuts and sauté for an additional 3 minutes, stirring occasionally. Add pinch of salt and stir. Remove mixture from heat and set aside.

4. In a large bowl, combine apples, xylitol or agave syrup, cornstarch, and spices. Toss well to coat.

5. Place apple mixture into a glass baking dish. Sprinkle oat topping over. Bake for 25 to 30 minutes, until apples are tender.

*This dessert can be made gluten free if gluten-free oats are used.

apples are a delicious, high-fiber source of antioxidants.

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digestion SOS

TRIED-AND-TRUE TUMMY TAMERS

An upset stomach can do more than ruin your day. Ongoing indigestion can lead to chronic complications such as allergies, autoimmune disorders, and inflammation. These conditions, in turn, may increase your risk for serious illnesses—including diseases of the heart, liver, and central nervous system.

PINEAPPLE
Bromelain, an enzyme found in pineapple, helps digest protein.

mindful eating

Did you know that many digestive complaints can be solved simply by chewing food well? Thorough chewing mixes food with saliva and kick-starts the digestive process. Enzymes in the saliva then start to break down food to promote absorption.

Chewing's important, but so is eating more slowly. People who wolf their food down are more likely to develop gastrointestinal disorders, so eating at a more leisurely pace can help improve your health. So can eating "mindfully." Notice the colors, smells, flavors, and textures of your food. Chew slowly, and avoid distractions such as reading or watching TV while you eat.

PAPAYA
The enzyme papain, found in papaya, helps digest protein, fat, and carbohydrates.

FENNEL
helps relieve gas and intestinal spasms and can neutralize stomach acid.

GINGER
combats nausea and vomiting, and comes in many tasty forms.

PEPPERMINT
helps with nausea, diarrhea, vomiting, and cramps.

YOGURT
Probiotics like those found in yogurt help keep the digestive tract healthy.

soothing remedies

Probiotics. These healthy and "friendly" bacteria restore or maintain the balance of microflora in the intestinal system and help promote proper digestion. According to the Mayo Clinic, supplementing with probiotics can help treat diarrhea and intestinal infections, as well as ease IBS. Probiotics can also ease the symptoms of lactose intolerance and help control inflammation.

Foods such as tempeh, miso, kefir, and yogurt contain good bacteria. You can also supplement with probiotics. Look for "good" bacteria such as Lactobacillus acidophilus and Bifidobacterium lactis to help maintain a healthy balance and promote smooth digestion.

Enzymes. Digestive enzymes are energized protein molecules that work to break down foods all along the digestive tract, allowing your body to absorb nutrients. Our bodies naturally produce these proteins, but they can weaken in quantity and strength as we age—leading to digestive issues. Digestive enzymes fall into three main categories. Amylase—found in saliva and in pancreatic and intestinal juices—breaks down carbohydrates the moment you start chewing. Protease—found in the juices of the stomach, pancreas, and intestines—helps digest proteins. And lipase—found in stomach and pancreatic juices—works to digest fats. Look for products that contain all three types of digestive enzymes. Also look for plant-derived enzymes such as papain from papaya and bromelain from pineapple.

Herbs. Several varieties of herbal tea are both tasty and excellent for digestion, and sipping them is a convenient way to tame a troubled tummy. Anise tea is good for flatulence and nausea, cardamom for acid reduction, fennel for fatty food digestion, ginger for stimulating digestive secretions, and peppermint for an upset stomach or cramps. ●

SELECTED SOURCES ***Healing Herbal Teas*** by Brigitte Mars, AHG ($17.95, Basic Health, 2006) ● **"The Immunomodulatory Effects of Lactic Acid Bacteria for Improving Immune Functions and Benefits"** by Y.T. Tsai et al., *Appl Microbiol Biotechnol*, 9/23/12 ● **"Lactobacillus Acidophilus,"** University of Maryland Medical Center, www.umm.edu, 5/7/13 ● **"Mindful Eating,"** *Harvard Health Letter*, 2/11 ● **"Peppermint Earns Respect in Mainstream Medicine,"** University of Adelaide, 4/19/11 ● **"Probiotic Bacteria: Probiotic Bacteria Lactobacillus Acidophilus . . . for the Symptoms of Bloating . . ."** by Y. Ringel et al., *J Clin Gastroenterol*, 3/22/11 ● **"Probiotics: Topic Overview,"** 2/4/11; **"When Can Probiotics Help?"** by Peter Jaret, www.WebMD.com, 2013

Nature's MARKET BASKET

Healthy Choices for Healthy Living

Bob's Red Mill

True to the Heart

Bob's Red Mill Natural Foods produces more than 400 products, including a full line of certified gluten-free products and an extensive line of certified organic products. With a wide variety of whole grain products—from flours and hot cereals to baking mixes and grains—Bob's Red Mill has "whole grain foods for every meal of the day." Bob's Red Mill is the nation's leader in stone milling and is dedicated to producing natural foods in the natural way.

SAVE UP TO $1.98

Flours
$3.99
5 lb. / Reg. $4.99
SELECT VARIETIES

All Purpose Baking Flour, Coconut Flour
$5.99
16 – 44 oz. / Reg. $6.99
SELECT VARIETIES

Egg Replacer
$7.99
16 oz. / Reg. $8.99

Baking Soda
2/$5
16 oz. / Reg. $2.99

Granolas, Baking Powder, Unsweetened Coconut
2/$6
12 – 16 oz.
Reg. $3.49 – $3.99
SELECT VARIETIES

Small Pearl Tapioca
2/$7
24 oz. / Reg. $3.99

Spectrum Naturals — Healthier Cooking Made Easy

Spectrum is passionate about healthy fats and brings an ardent commitment to careful sourcing and natural processing to all of their products.

SAVE UP TO $2.00

Coconut Oil Refined
$6.99
14 oz. / Reg. $7.99

Coconut Oil Unrefined
$7.99
14 oz. / Reg. $9.99

Shortening
$5.99
24 oz.
Everyday Low Price

Pacific — Organic Broths

Pacific makes broth the way you would at home, beginning with natural and organic ingredients, like free-range chicken. These are the perfect broths for holiday cooking!

2/$6
32 oz. / Reg. $3.79
SELECT VARIETIES

SAVE $1.58

Zevia — Natural Sodas

Zevia is the first all-natural, zero-calorie soda. Made with pure ingredients and sweetened with stevia for zero calories, zero net carbs, zero fat, zero worries.

$3.99
6 pk. / Reg. $5.99
Cola, Ginger Ale, Ginger Root Beer

SAVE $2.00

We reserve the right to correct all printing errors.

Look for this month's sale items

Food for Love

Kick your meals up a notch with these products from one of America's favorite chefs. Emeril's products add love to countless dishes!

Panko Bread Crumbs

SAVE 98¢

2/$5

8 oz. / Reg. $2.49
SELECT VARIETIES

Cooking Sprays

2/$5

6 oz. / Reg. $2.99
SELECT VARIETIES

SAVE 98¢

Italian Cuisine

Alessi products are generally Italian and are a salute to the owners' heritage. Each item is carefully crafted to capture the authenticity of foods from one of the world's most popular cuisines.

Breadsticks

5/$5

3 – 4.4 oz. / Reg. 2/$3
SELECT VARIETIES

Soup Mixes

2/$4

4.1 – 6 oz. / Reg. 2/$4
SELECT VARIETIES

Risotto

2/$4

8 oz. / Reg. 2/$5
SELECT VARIETIES

Asian Cuisine

Annie Chun's brings you healthy, convenient, gourmet-quality meals that support your busy lifestyle.

Seaweed Snacks

SAVE 51¢

99¢

.35 oz. / Reg. 2/$3
SELECT VARIETIES

Ramen

4/$5

4.7 – 4.9 oz. / Reg. $1.79
SELECT VARIETIES

Noodle & Soup Bowls

2/$5

5.7 – 8.8 oz. / Reg. 2/$6
SELECT VARIETIES

Go-chu-jang Sauce

2/$6

10 oz. / Reg. $3.49
SELECT VARIETIES

Natural Dressings

Explore the vivacious flavors of Annie's and make your next salad your best! These top-quality dressings and vinaigrettes are also great as marinades and in recipes.

2/$6

8 oz. / Reg. $3.49
SELECT VARIETIES

SAVE 98¢

Sale prices effective 11/3/13 – 11/30/13

sweet choices

ALTERNATIVES TO SUGAR

Do you give in to the lure of sweets more often than you care to admit? If so, you're not alone. Americans are still exceeding the recommended amount, consuming a half to two-thirds of a cup of sugar a day. While chemical sweeteners exist, many shoppers prefer alternatives that come from Mother Nature.

1. agave
The nectar of the agave plant tastes sweeter than sugar, so less can be used.

2. rice amasake, brown rice syrup, and barley malt
These sweeteners are made from fermented grains and retain some of the nutrients found in those grains.

3. date sugar
Made from dried dates, this powder provides nutrients and fiber. It replaces sugar on a cup-for-cup basis and substitutes well for brown sugar.

4. fruit juice concentrate
This sweetener is made from cooked-down fruit juices (typically peach, pineapple, grape, and pear). It's generally found frozen.

sweet sip tip
Instead of indulging in soda or another sugar-sweetened beverage, make the switch to sparkling water with a dash of fruit juice!
what to look for
Read the labels of packaged foods to see how much sugar has been added. If a sugar is listed among the first few ingredients, or if there are several different types of sweeteners listed, chances are the food contains a lot of sugar. It may be listed as the following:
Cane • Caramel • Fruit juice concentrate • High-fructose corn syrup • Malt • Molasses

5. evaporated palm sugar

Rich in nutrients such as amino acids, this sweetener is made from the juice of coconut palm sugar blossoms that are boiled and then ground into powder. It causes less blood sugar fluctuation than white sugar. In cooking, it can be used on a cup-for-cup basis in place of sugar.

6. evaporated sugarcane juice

The solids that remain after sugarcane juice evaporates are sold under the name Sucanat. Sucanat can be used like sugar in recipes.

7. honey

Consuming honey doesn't promote weight gain and has been shown in research to have an "obesity protective" effect. Do not give to children less than a year old.

8. maple syrup

This sweetener is made by boiling sap from maple trees. A good source of the mineral manganese, it can be used in cooking and as a topping on oatmeal and plain yogurt.

9. stevia

This intensely sweet herb contains zero calories and can be several hundred times sweeter than white sugar. Available as a powder or a liquid extract, a little goes a long way; just one teaspoon can replace one cup of sugar. It's appropriate for use in beverages, as well as for cooking and baking (although it helps to add unsweetened applesauce since only a small amount of stevia is needed). This South American herb has medicinal properties, such as lowering blood pressure. Unfiltered, it can leave an aftertaste. Try a different brand if yours tastes off.

10. xylitol

About as sweet as sugar but with far fewer calories, xylitol can be found in gums and candies. This sweetener promotes healthier teeth and prevents cavities. Taken in large doses, it can cause gastrointestinal issues, but it can be used as a drink sweetener.

11. yacon

A South American root vegetable, yacon can be made into a syrup or powder and used as a low-glycemic, low-calorie sweetener. The syrup tastes similar to molasses. •

SELECTED SOURCES **"Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men"** by D. Mozaffarian et al., *N Engl J Med*, 6/11 ● **"Consumption of Added Sugars is Decreasing in the United States"** by J.A. Welsh et al., *Am J Clin Nutr*, 7/13/11 ● **"Effect of Honey Versus Sucrose on Appetite, Appetite-Regulating Hormones, and Postmeal Thermogenesis"** by D.E. Larson-Meyer et al., *J Am Coll Nutr*, 10/10 ● **"The Many Names of Sugar,"** American Institute for Cancer Research, www.aicr.org ● **"Sugar Alcohol Sweeteners as Alternatives to Sugar with Special Consideration of Xylitol"** by K.K. Mäkinen, *Med Princ Pract*, 5/11/11

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INSPIRING TASTE

greenandblack

exercise and happiness

IT REALLY CAN HELP

We know getting regular exercise is one of the best things we can do for ourselves. Its long-term benefits include keeping us fit, preventing chronic disease, and extending life. But when we weigh the immediate discomfort of getting up and exercising against the future, less-than-certain health problems of staying put, the short term often wins.

exercise and mood

Research has found that the effects of exercise on mood are all good. Turns out, working up a sweat makes us happier right away. In fact, exercise is one of the most reliable ways to feel good fast. Here's why.

Exercise stimulates the brain to release endorphins, or pleasure hormones. They're released when we do something we love, and they make us feel happy. But even if we don't always enjoy exercising, our endorphin-loving brains make us feel great about it.

Exercise also burns cortisol, often called the stress hormone. We produce cortisol when we're angry, anxious, or afraid, but exercise works to overcome its effects and calm us. When we're stuck in a cycle of negative thoughts or worries, exercise can get our minds off our problems and help us put our lives in perspective, leading to ideas and solutions. Setting goals and meeting challenges, no matter how small, makes us feel good.

Exercise gives us an immediate sense of accomplishment and gives us a lift.

No time to exercise and reap these benefits? It turns out that exercising makes us more productive and efficient—making up for the time it takes out of our day. When we exercise, we use our time more efficiently; we're sharper, more motivated, and likely to get things done. So no matter how busy we are, we really do have time to reward ourselves with the benefits of exercise.

So if the prospect of a healthier future isn't enough, maybe the promise of a happier today will be. •

My grandmother started walking 5 miles a day when she was 60. She's 97 now, and we don't know where the heck she is.

—Ellen DeGeneres

Lynda Wallace is a certified positive psychology coach and the author of the #1 Amazon self-help bestseller *A Short Course In Happiness: Practical Steps to a Happier Life*. She offers life coaching, career coaching, and workshops to clients around the world, in person and by phone and video. You can find out more at www.lyndawallace.com.

SELECTED SOURCES **"The Association Between Exercise Participation and Well-Being, A Co-Twin Study"** by J.H. Stubbe et al., *Preventive Medicine*, 2/07 ● **"Depression and Anxiety: Exercise Eases Symptoms"** by Mayo Clinic staff, www.mayoclinic.com ● **"People Who Exercise on Work Days Are Happier, Suffer Less Stress, and Are More Productive,"** *Daily Mail*, www.dailymail.co.uk

BY LINDA MELONE, ACSM AND ACE-CERTIFIED PERSONAL TRAINER, AND JANE STODDARD

mindful holidays

HOW TO AVOID SEASONAL WEIGHT GAIN

The holidays are almost here, and that means food, food, and more food. But the days ahead don't have to mean inevitable extra pounds. With some smart strategies from the following experts and a bit of mindfulness on your part, you can enjoy the upcoming festivities and keep weight-management goals in sight.

don't let stress get to you

If there's one time of year when stress reigns, it's from now until the end of the year. There's too much to do and not enough time to do it. Throw in some unruly relatives, and that second piece of pumpkin pie starts looking mighty good.

"Most overeating is emotional eating," says Denise Lamothe, PsyD, HHD, author of *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating*. The emotional eating roller coaster starts with feeling bored, angry, depressed, or otherwise uncomfortable. Eating sugary or fat-laden foods act as an anesthetic, temporarily helping you feel better. You then feel remorseful about what you've eaten and grab more food to feel better again. "It's a continuous cycle that must be broken," says Dr. Lamothe.

The key: Stop the cycle. When you find yourself reaching for something to eat because you're stressed or upset, take a moment to be present and mindful. Close your eyes and breathe deeply. What are you really feeling? If it's true hunger, eat something nourishing. Otherwise, give yourself what you need: Call a friend, read a book, take a bath, or choose another enjoyable activity.

be mindful of health, not the perfect weight

Dr. Lamothe says that she herself struggled with obesity and eating disorders for many years before deciding that a goal of perfection was irrelevant. "I never felt joyful, energetic, or balanced. But I finally found a path to a healthier life with a more positive, balanced, and appreciative attitude towards myself, my own body, and food."

One way to get started: Instead of obsessing with the bathroom scale as a measure of progress, give yourself kudos on the days you exercise. "And track your feeling on days you exer-

cise versus days you don't," suggests Cedric X. Bryant, PhD, chief science officer with the American Council on Exercise. "Think of how you want to feel as a person, versus focusing on a certain number on the scale."

timing is everything

When you eat can be just as important as what you eat. A recent study found that late eaters lost significantly less weight than early eaters. This suggests that the timing of large meals can be an important factor.

Researchers monitored 420 overweight adults during a weight-loss program in Spain. The group was divided into late eaters and early eaters of the day's main meal, which was lunch. The early eaters (about half of the group) ate the meal before 3 p.m., and the late eaters dined after this time.

Energy intake, dietary composition, estimated energy expenditure, appetite hormones, and sleep duration were similar for both the early and late eaters, but the late eaters lost less weight. They also ate fewer calories during breakfast (or were more likely to skip that meal altogether) and had lower estimated insulin sensitivity—a risk factor for diabetes.

So does this mean you should forego late-night dinner parties? No, but be mindful of the number of calories you consume into the wee hours. And to help curb hunger and binge eating, have a snack before you go out for the evening.

consider organic

Substituting organic foods and supplements for conventional versions will benefit your overall health and help you lose weight, says Ann Louise Gittleman, PhD, CNS, author of *Fat Flush for Life*. Choosing organic helps you avoid pesticides which, aside from their potential carcinogenic effects, may also contribute to weight gain.

Also consider taking supplemental probiotics to help improve your gastrointestinal health. "Don't count calories; count probiotics," adds Dr. Gittleman. "Probiotics synthesize B vitamins, which take the edge off your appetite and help you feel fuller faster."•

SELECTED SOURCES **"Could the Timing of When You Eat Be Just as Important as What You Eat?"** Brigham and Women's Hospital, 1/29/13 ● **Personal communication: Cedric X. Bryant, PhD; Ann Louise Gittleman, PhD, CNS; Denise Lamothe, PsyD, HHD** ● **"Timing of Food Intake Predicts Weight Loss Effectiveness"** by M. Garaulet et al., *Int J Obes*, 1/29/13

November comes
And November goes,
With the last red berries
And the first white snows.

—Elizabeth Coatsworth

living healthy in season

check out what's in season… in **November!**

persimmons

chestnuts

beets

pomegranates

cranberries

Brussels sprouts

cauliflower

Jerusalem artichokes

pumpkins

sweet potatoes

dinner on the double

BY EVA MILOTTE

baked potatoes GET A MAKEOVER

It's time to give the humble spud a fair shake. No more being relegated to the side of the plate, this favorite vegetable now gets star billing as a bona fide meal—with a few tasty additions. Try these quick recipes for twists on the loaded potato.

tips on baking the perfect potato

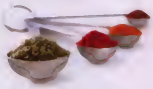
- Russet potatoes are generally preferred because of their fluffy texture, but almost any potato can be baked.
- Don't store potatoes in the fridge. They develop a sweet taste and turn brown when baked. Store in a cool, dark pantry.
- Before baking, make sure the potatoes are all a similar size. This ensures they'll be done around the same time.
- Don't wrap spuds in foil before baking. This produces steamy, soggy skins instead of crisp, dry ones.
- For the perfect baked potato, preheat the oven to 400°F. Wash each potato in cold water and scrub with a mild vegetable brush to remove dirt. Pierce potatoes all over with a fork to prevent them from exploding. Place potatoes on the oven directly on the rack for more even cooking. Most potatoes take an hour or so to bake, depending on their size.
- A potato is done the skin is dry and wrinkled and the center comes out with no resistance when pierced with a fork.
- Don't cut a spud open with a knife. This just compresses the interior and releases steam. Use a fork to cut a cross-shaped slit in the top of the potato. Then open it and season it as desired.

Continued on page 28 "How to Make a Great Baked Potato at Home,"

spicy turkey taco

Top baked potato with:

Cooked ground turkey seasoned with



Your favorite taco seasoning

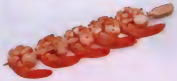
Pinch of cayenne pepper

Low-fat sour cream

Diced tomato

cool and creamy seafood

Top baked potato with:



Cooked chopped shrimp blended with

Low-fat yogurt

Lemon juice and lemon zest

Minced cucumber

Chopped dill

tangy herb-onion

Top baked potato with:

Low-fat sour cream blended with

Diced red onion

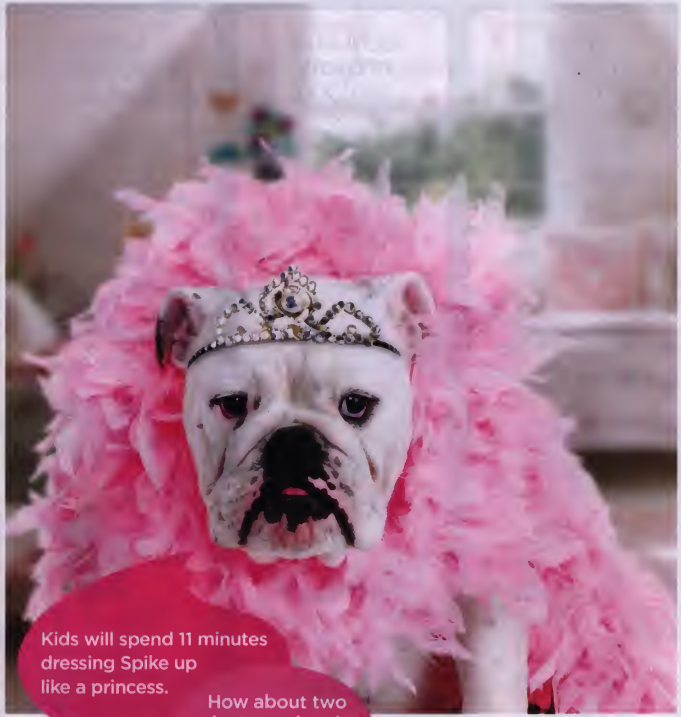
Minced chives

Chopped green onion

Splash of olive oil

more than tasty

According to the US Department of Agriculture, one medium potato (with skin) counts as 1 serving of vegetables. It contains 16 percent of the daily recommended amount of fiber and 35 percent of the daily recommended amount of vitamin C.



Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, go to 2min2x.org.

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DIET AND LIFESTYLE CAN HELP

prevent stroke

A low-sodium, anti-inflammatory diet emphasizing vegetables, healthy fats, and high-quality protein such as fish is shown to offer significant protection against strokes and cardiovascular disease.

Good hydration, targeted supplements, regular exercise, adequate sleep, and healthy stress relief are equally important. Combined, these measures can keep us vibrant and healthy over the long term, adding precious time and quality to our ledger of life. •

FAST stroke response

Once a stroke occurs, the clock starts ticking and every second matters. If you notice any of these signs (think FAST), get to an emergency department immediately:

Face: Drooping on one or both sides

Arms: Weakness or difficulty raising

Speech: Slurred or difficult

Time: Call 911!

Other sudden symptoms can also indicate a stroke: numbness in the face, an arm or leg, or on one side of the body; confusion or disorientation; dizziness or vision problems; headache or trouble walking. If possible, record the time symptoms began—this can help guide treatment.

SOURCE **"Warning Signs of a Stroke,"** National Stroke Foundation, www.stroke.org

BY ISAAC ELIAZ, MD, LAc

reducing risk

STOP STROKES BEFORE THEY START

When a stroke occurs, timing is everything. Treatment must be given within the first few hours to halt brain cell death and help save lives. But long-term stroke prevention also needs a head start. The sooner we reduce stroke risk factors, the better our chances of avoiding this life-threatening event.

That's because strokes fall under the category of chronic cardiovascular disease, a slow-moving condition that requires long-term solutions. Diet and exercise, along with specific supplements, offer ongoing support to reduce not just stroke risks, but other cardiovascular risks as well.

The goal is to decrease chronic inflammation and combat free radicals while supporting circulation and healthy cholesterol levels.

And the sooner you get started, the better.

anti-plaque approaches

Chronic inflammation combined with other dangers such as excess free radicals, elevated LDL (bad) cholesterol, oxidized cholesterol, and high lipoprotein in the blood can be deadly over time.

Together, they cause fatty plaque deposits to build up on artery walls, reducing blood flow. Plaque formations can also break free from their original sites and block circulation elsewhere. This artery-clogging process—called atherosclerosis—is a primary cause of strokes and heart attacks. Smoking, eating processed foods, chronic stress, and obesity increase the risks.

So one of the most important steps in stroke prevention (and overall cardiovascular health) is to control arterial plaque to prevent blockages of blood to the brain. Stroke prevention also requires that we strengthen circulation by improving vascular health and reducing blood viscosity (thickness). In my clinical practice, there are several targeted supplements I recommend for this.

herbs and supplements

Aged garlic extract can promote healthy blood lipid levels and support cardiovascular health.

Ginger extracts may reduce atherosclerosis and improve cholesterol while supporting cardiovascular health.

Also important, vitamin D deficiency has been found in many stroke victims, so supplementation with this critical nutrient may also help prevent strokes by strengthening the cardiovascular system. •

SELECTED SOURCES **"Honokiol Inhibits the Inflammatory Reaction During Cerebral Ischemia Reperfusion by Suppressing NF-kB Activation and Cytokine Production of Glial Cells"** by P. Zhang et al., *Neurosci Lett*, 2/13 ● **"Inhibition of Galectin-3 Reduces Atherosclerosis in Apolipoprotein E Deficient Mice"** by A. MacKinnon et al., *Glycobiology*, 6/13 ● **"A Meta-analysis of Randomized, Double-Blind, Placebo-Controlled Trials for the Effects of Garlic on Serum Lipid Profiles"** by T. Zeng et al., *J Sci Food Agric*, 9/12 ● **"Nattokinase Decreases Plasma Levels of Fibrinogen, Factor VII, and Factor VIII in Human Subjects"** by C.H. Hsia et al., *Nutr Res*, 3/09

vitamin K

A vitamin found in most leafy garden greens, vitamin K plays an important role in blood clotting. This essential vitamin is also used to treat weak bones in cases of osteoporosis and is recommended to help relieve irritations of the skin and increase the rate of healing in cases of bruising, scarring, stretch marks, and even acne.

Vitamin K is often used to prevent excessive bleeding. In the United States and other countries, newborns are given vitamin K injections to prevent bleeding in the brain after birth. Studies of athletes have found that increased levels of vitamin K created stronger bones.

how can I get enough?

Vitamin K can be found in nearly every green vegetable. Broccoli, spinach, kale, and Brussels sprouts, to name a few, provide a healthy amount of the vitamin. Liver, fish, and egg yolk also contain vitamin K.

89 mcg
(broccoli)

FOOD SOURCES

Food	Serving Size	Vitamin K (mcg)
Collard greens	1 cup	184
Brussels sprouts	1 cup	156
Broccoli	1 cup	89
Asparagus	1 cup	56
Avocado	1 cup	30
Cilantro	¼ cup	12

RECOMMENDED DIETARY ALLOWANCE

Life Stage	Age	(mcg/day)
Infants	0–6 months	2
Infants	7–12 months	2.5
Children	1–3 years	30
Children	4–8 years	55
Children	9–13 years	60
Adolescents	14–18 years	75
Adults	19 and older	120 (men) 90 (women)

SELECTED SOURCES **"Food Sources for Vitamins and Minerals"; "Vitamin K,"** www.WebMD.com • ***Prescription for Nutritional Healing*** by Phyllis A. Balch, CNC ($29.95, Penguin Group/Avery, 2006) • **"Vitamin K,"** Linus Pauling Institute, http://lpi.oregonstate.edu, 12/11 • **"Vitamin K,"** Steven D. Ehrlich, NMD, University of Maryland Medical Center, http://umm.edu, 6/11

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